



Healthy Alaska

March 2010

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Brain Booster:



What phrase is represented by the following?

Interrogator: "Who stole the gold?"

Parsley: "..."

Sage: "..."

Rosemary: "..."

Thyme: "It was Basil."

Domestic Violence and Sexual Assault in Alaska

Domestic violence and sexual assault affects millions of individuals each year. Alaska's rate of domestic violence and sexual assault ranks among the highest in the nation. According to the National Coalition Against Domestic Violence (Domestic Violence Facts: Alaska), Alaska has the highest rate per capita of men murdering women and has a rape rate that is 2.5 times the national average. Overall, 75% of Alaskans have experienced or know someone who has experienced domestic violence or sexual assault.



Defined as a pattern of assaultive and coercive behaviors that adults or adolescents use against their intimate partners to gain or maintain power and control, domestic violence includes behaviors such as physical, sexual, and/or psychological attacks as well as economic coercion. While women are disproportionately victims of domestic violence, domestic violence can happen to anyone, including men, teenagers, and individuals in both heterosexual and same-sex relationships and is not contained to one particular group. Instead, it crosses all socio-economic, ethnic, religious and cultural lines.

Sexual assault occurs when attempted or actual sexual contact occurs without the victim's consent. Like domestic violence, sexual assault can happen to anyone in any facet of society. Studies have shown, however, that the highest incidences of rape occur between the ages of 12 and 17 for both males and females.

On the 2009 Alaska Youth Risk Behavior Survey (YRBS), 13.3% of students enrolled in regular high schools reported being hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend in the past 12 months. Of those enrolled in alternative high schools, 21.3% reported being victims of abuse at the hands of boyfriends or girlfriends. In regards to sexual assault, 10.4% of regular high school students and 20.3% of alternative high school students reported ever having been forced to have sexual intercourse when they did not want to.

Domestic Violence and Sexual Assault eLearning Course

Alaska Statute 18.66.310 requires that all employers of state or local public employees, including employees of public schools, provide continuing education on domestic violence. In an effort to help districts and other organizations remain in compliance with this requirement, the Department of Education & Early Development developed an online domestic violence and sexual assault course. Available through the department's eLearning system, this course trains learners on the magnitude of domestic violence and sexual assault in Alaska as well as the lethality of domestic violence and the impact domestic violence exposure has on children. Learners are also taught the proper procedures for promoting safety and reporting suspected cases of domestic violence.

New learners must register with eLearning in order to access the Domestic Violence and Sexual Assault course. To complete a registration form, visit <http://www.eed.state.ak.us/ELearning/>.

The Fourth R

The Fourth R is a 21-lesson program designed to promote healthy relationships while reducing risky behaviors. Taught by classroom teachers who have received training on the materials and methods, this program targets violence, high risk sexual behavior, and substance abuse among teens. Because relationships are often at the core of risky behaviors, the Fourth R employs a gender-specific, thematic approach to reducing these behaviors by refocusing on positive relationship goals and the challenges youth face that impact their decision making.

The curriculum is broken down into three units, Safety and Injury Prevention, Healthy Growth and Sexuality, and Substance Use and Abuse, and includes resources to involve both the school and the community in promoting a positive message.

For more information on what this curriculum has to offer, visit the Fourth R website at <http://www.youthrelationships.org/index.html>



Brain Booster— Answer:

Only time will tell.

Alaska Teacher Placement Job Fair

April 15-17, 2010
Hotel Captain Cook
Anchorage, Alaska

For more information,
contact 907-450-8400

Or visit: [http://
www.alaskateacher.or
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id=alaska_job_fairs](http://www.alaskateacher.org/doku.php?id=alaska_job_fairs)

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We are looking for feed-
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changes you would like to
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meghan.nelson@alaska.gov

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[www.hss.state.ak.us/dph/
chronic/school/default.htm](http://www.hss.state.ak.us/dph/chronic/school/default.htm)

Impact of Domestic Violence on Children

Once children have witnessed domestic violence they are more apt to pick up unhealthy habits that they repeat throughout their lives. Every child responds to his/her experience with domestic violence differently. Meaning that each child's symptoms can vary in degree from aggressive behavior, reduced social competencies, depression, fears, anxiety, sleep disturbances, and learning problems. Children in homes where domestic violence occurs are physically abused or seriously neglected at a rate 1500% higher than the national average in the general population. For more information please visit http://www.stopvaw.org/Effects_of_Domestic_Violence_on_Children.html

Gloria Barron Prize for Young Heroes - Youth Leadership Award

The Gloria Barron Prize for Young Heroes honors outstanding young leaders ages 8 to 18 who have made a significant positive difference to people and our planet.

Twenty-five winners will be selected. Half of the winners will have focused on helping their communities and fellow beings; half will have focused on protecting the health and sustainability of the environment. Nominees must have participated in their heroic work within the twelve months prior to the nomination deadline of April 30 and must be legal residents of, and currently residing in, the United States or Canada. Please contact the Gloria Barron Prize for Young Heroes for more information and to apply for this funding: <http://www.barronprize.org/index.html>

Grant Opportunity: Sara Lee Foundation

The purpose of the Sara Lee Foundation is to decrease food insecurity and increase access to fresh produce and meals. Significant funding consideration is given to programs that focus on food recovery, increased access to fresh produce and protein, meal programs when schools are not in session, and hunger awareness. For more information, visit: [http://www.saraleefoundation.org/funding/
focus_food_related.cfm](http://www.saraleefoundation.org/funding/focus_food_related.cfm)

Grant Opportunity: Bank of American Foundation Educational Grants

The BOAFEG grant purpose is to support K-12 and higher education, with an emphasis on ESL and early childhood initiatives and professional development. School systems are welcome to apply, since no funding is available for individual schools. While funding is given on a national basis, the Web site lists each individual state's applicable funding areas. <http://www.bankofamerica.com/foundation/>. Programs funded through this grant are: Public School, Private/Charter School, Higher Education. Ranging in amounts of \$25.00 - \$5,000,000.00.

Grant Opportunity: DonorsChoose.org Grants

DonorsChoose.org is a simple way to provide students in need with resources that our public schools often lack. At this not-for-profit web site, teachers submit project proposals for materials or experiences their students need to learn. Some programs funded through this grant are: Adult Literacy, After-School, Arts, At-Risk/Character, Disabilities, Early Childhood, ESL/Bilingual/Foreign Language, Facilities/Maintenance, Family Services, Health/PE, Homeless, Journalism, Library, Migrant, Professional Development, Reading, Safe/Drug Free Schools, Special Education, TAG, Technology, Transportation, Vocational. If interested contact <http://www.donorschoose.org/about/about.html>.

Activity of the Month: Stealing from the Leprechauns

"Stealing from the Leprechauns" offers a St. Patrick's day twist on the traditional game of tag. In this game, students must steal bean bags from the "pot of gold" without being tagged by the Leprechauns.

To play, set one hula-hoop in the middle of the gym and fill it with 30 or more beanbags (similar items may be used). Place four other hula-hoops in the corners of the gym and divide students into four different groups, one per hoop. Select three students to be the taggers or "Leprechauns."

Once teams are divided and the "Leprechauns" are selected, have each team stand next to their hoop and have the "Leprechauns" ready to protect their pot of gold (the hoop with bean bags). The goal is for students to steal one bean bag at a time, without getting tagged, until all the bean bags are removed from the middle hoop.

If a student is tagged, the bean bag must be returned to the pot and the student must return to their base to start over. During play, have music running in the background. Students may only run while the music is playing. When the music stops, play must cease until the music is played again.

Play for one to two minutes, then change "Leprechauns."

For more lesson ideas, go to <http://www.pecentral.org/index.html>